

Nutrition and Physical Activity Resources for Schools



Developed by the Virginia Healthy Pathways Coalition
Schools Committee



November 1, 2006

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Introduction

This packet of resource materials was developed by the Schools Committee, which is one of the standing committees under the Virginia Healthy Pathways Coalition. The mission of the Virginia Healthy Pathways Coalition is to reduce the burden of cardiovascular disease in Virginia by providing a forum for communication and collaboration among stakeholders. The Coalition was created through the Virginia Department of Health's Heart Disease and Stroke Prevention Project using funding from the Centers for Disease Control and Prevention and has over 100 members.

The Schools Committee members work to promote the prevention of heart disease and stroke for staff, students and their families through the school setting. One of the committee's goals is to partner with schools in promoting physical activity and healthy nutritional practices. This resource packet provides information that will be helpful to PTAs, school nurses, physical education teachers, classroom teachers and other school staff in designing programs related to physical activity and healthy nutrition.

The Committee appreciates the review and contributions provided by members of the statewide coalition Virginia Action for Healthy Kids.

We welcome your feedback on these materials. Be sure to check the following websites for updates and let us know if you have resources to add:

Health Smart Virginia: <http://healthsmartva.pwnet.org>

Virginia Action for Healthy Kids:

http://www.actionforhealthykids.org/state_profile.php?state=VA

Virginia Comprehensive Health Education Training and Resource Center at Longwood University: <http://longwood.edu/vchetrc>

Please contact one of the committee's co-chairs or our staff liaison at the Virginia Department of Health with your comments:

Lauri Savage at Lauri.Savage@vdh.virginia.gov, 804-365-4344

Tia Campbell at Tia.Campbell@doe.virginia.gov, 804-225-3490

Laura Wimmer at Laura.Wimmer@vdh.virginia.gov

NUTRITION RESOURCES



Most of the resources listed in this section address nutrition primarily, although some also include physical activity. You may want to refer to the Physical Activity section for additional resources that cover both nutrition and physical activity.

Sources for Educational Materials

American Heart Association (AHA)

<http://www.americanheart.org/presenter.jhtml?identifier=1200000>

The AHA is the premier organization for information and resources specific to heart health. Their mission is to reduce disability and death from cardiovascular disease and stroke. The website has information on diseases and conditions, as well as dietary recommendations for healthy hearts.

The Body Positive, <http://www.thebodypositive.org/>

While overweight is a growing concern among our youth, body image is also critical. It is important to nurture healthy and positive attitudes toward bodies, as well as healthy lifestyles (eating and physical activity). The Body Positive has created a number of materials and videos to address body image in a sensitive manner.

Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov/nccdphp/dnpa/obesity/>

Besides conducting research related to emerging public health concerns including chronic disease, CDC also launches initiatives and programs to address physical activity and healthy nutrition, such as "VERB Now", a social marketing campaign to encourage physical activity among youth, and "Powerful Bones, Powerful Girls", an online resource for girls related to calcium and weight-bearing exercises. The CDC is also noted for its historical trend research on overweight and has a section on school health programs.

Dietary Guidelines for Americans 2005:

<http://www.healthierus.gov/dietaryguidelines/index.html>

These form the basis of dietary recommendations for federal food assistance and nutrition programs. Revised every five years, the Dietary Guidelines incorporate recent research into action-based recommendations for the US population.

My Pyramid: <http://www.mypyramid.gov>

This guide to healthy eating offers individualized pyramids and dietary recommendations for healthy individuals, based on age, gender, and activity level.

My Pyramid for Kids: <http://www.mypyramid.gov/kids/index.html> Offers a multitude of information on nutrition and physical activity, including classroom materials for teachers on nutrition for children ages 6-11. There are also links to Blast Off!, an

interactive computer program for children on nutrition and physical activity, as well as dietary and physical activity trackers.

Nutrition.gov, <http://www.nutrition.gov/>

This site provides easy, online access to governmental information on food and nutrition for consumers. It contains plentiful information on nutrition, such as Smart Nutrition 101, weight management, dietary supplements, popular diets, and food safety, and even contains some Spanish materials.

USDA's Team Nutrition website: www.teamnutrition.usda.gov

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. Team Nutrition's Goal is to improve children's lifelong eating and physical activity habits by using the principles of the [*Dietary Guidelines for Americans*](#) and [*MyPyramid*](#).

Two resources that are especially helpful are "The Power of Choice," geared to adolescents: http://www.fns.usda.gov/tn/Resources/power_of_choice.html and Eat Smart, Play Hard: <http://www.fns.usda.gov/eatsmartplayhardkids/>

The Center for Food Safety and Applied Nutrition offers:

How to Understand and Use the Nutrition Facts Food Label

<http://www.cfsan.fda.gov/~dms/foodlab.html>

This website contains helpful information that makes it easier for people to use nutrition labels to make quick, informed food choices that contribute to a healthy diet.

Virginia Action for Healthy Kids Resource Guide for Teachers:

<http://www.ext.vt.edu/actionforhealthykids/resourceguide/resourceguide.html>

Virginia Action for Healthy Kids created a curriculum resource guide that integrates nutrition and physical activity resources with the Virginia Standards of Learning for kindergarten through grade 10.

Resources for Locating a Registered Dietitian

A registered dietitian (RD) and dietetic technician registered (DTR) are academically prepared and professionally trained college graduates who specialize in nutritional health for people of all ages. Contact the following organizations for assistance:

The American Dietetic Association

www.eatright.org Locate a Nutrition Professional by zip code or practice area and find tips and fact sheets on a variety of nutrition topics.

School Divisions with Registered Dietitians (RDs) or Dietetic Technician, Registered (DTRs) on staff. When calling a school division, ask for a Registered Dietitian.

Alexandria City	703-824-6640
Arlington County	703-228-6130
Charlottesville City	434-245-2422
Chesapeake City	757-547-1470
Chesterfield County	804-743-3717
Fairfax County	703-813-4800
Fauquier County	540-428-4451
Hampton City	757-727-2358
Hanover County	804-365-4566
Harrisonburg City	540-434-2750
Newport News City	757-881-5030
Prince William County	703-791-7314
Rockingham County	540-434-7783
Spotsylvania County	540-834-2500 x1145
Virginia Beach City	757-263-1101
Williamsburg James City	757-565-1616

Southeast United Dairy Industry Association (SUDIA)

www.southeastdairy.org

There are two different contacts in Virginia, depending on where you are located.

In most areas of Virginia, the contact person is Kristin Hughes: Khughes@sudiainc.com

In southwest Virginia, contact Jill Henderson:

Jill Henderson, RD

Phone: (866) 841-8239

Fax: (276) 944-4325

Mobile: (678) 628-2361

Email: jhenderson@sudiainc.com

Virginia Colleges/Universities that offer Dietetics Programs. These programs often have students who may be available to provide nutrition programs for schools at little or no cost.

Universities with Dietetics Program

Virginia Polytechnic Institute and State University

Susan Clark, PhD, RD

Blacksburg, VA

540/231-8768

www.hnfe.vt.edu

James Madison University

Harrisonburg, VA

Janet W Gloeckner, PhD, RD

540/568-7084

www.jmu.edu/dietetics

Norfolk State University

Food Science and Nutrition Program

Norfolk, VA

Jill E Comess, MS, RD

757/823-8216

www.nsu.edu/alliedhealth/foodscience

Virginia State University

Department of Agriculture and Human Ecology

Petersburg, VA

Paula F Inserra, PhD, RD

804/524-5729

www.vsu.edu/pages/770.asp

Radford University

Food and Nutrition Program

Radford, VA 24142-5826

Mary J Miller, MS, RD

540/831-7680

www.radford.edu/~fdsn-web

Dietetic Internship Programs

Virginia Commonwealth University Health System

Richmond, VA 23298-0294

Ann E Robbins, MS, RD

804/828-9108

www.vcuhealth.org/dietetic

Virginia Department of Health
Richmond, VA 23219
Kathleen M. Sergent, MA, RD
804/864-7832
www.vahealth.org/wic/diet.htm

University of Virginia Health System
Department of Nutrition Services
Charlottesville, VA 22908
Ana R Abad-Jorge, MS, RD, CNSD
434/924-2348
www.healthsystem.virginia.edu/internet/dietetics

Virginia Cooperative Extension

www.ext.vt.edu

Locate a local Family and Consumer Sciences Extension Agent or 4H Agent in your county by clicking on "local extension offices." Many Family and Consumer Sciences Extension Agents offer programs and resources in food, nutrition and health. Fact sheets are also available online under "educational programs and resources."

Virginia Dietetic Association

www.eatright-va.org

Email: vdahdqtrs@aol.com

Telephone: (703) 815-8293

Southwestern Region

Blue Ridge Region

Northern Region

Richmond Region

Tidewater Region

District Finder list allows you to select the correct local dietetic association



Virginia Department of Education

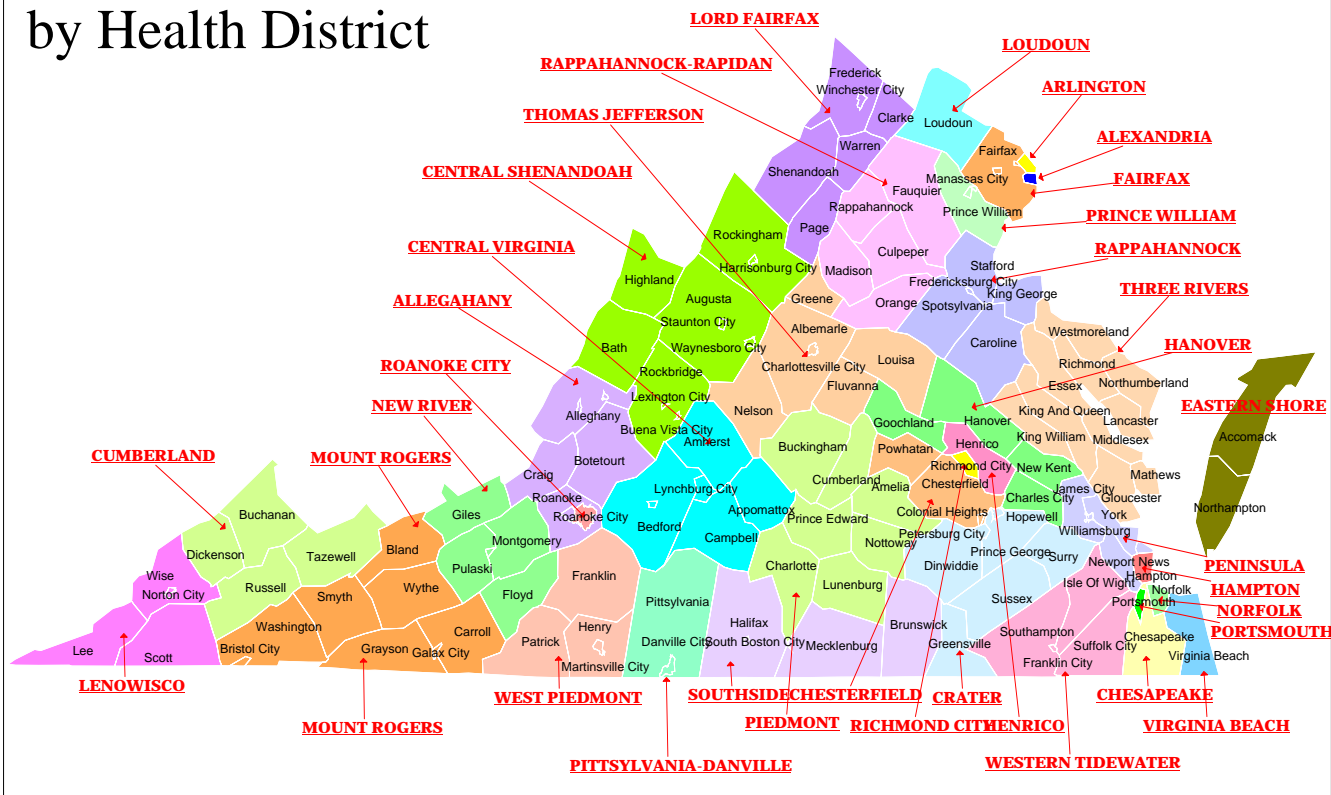
<http://www.pen.k12.va.us>

The School Nutrition Program Division is able to direct inquiries to the appropriate local school staff. Phone 804-225-2074 and ask for the school division's specialist. You may also search local school division's web pages. Many links are provided on the webpage under "educational directory."

Virginia Department of Health's local health district

www.vdh.state.va.us/LHD/LocalHealthDistricts.asp has a list of local district phone numbers. Each district has at least one RD or nutritionist.

Commonwealth of Virginia by Health District



Other Resources

Farmer's Market in Virginia

www.ams.usda.gov/farmersmarkets/States/Virginia.htm#R

Grocery store chain. Some grocery stores employ RDs on staff and some offer grocery store tours for kids. For example:

Wegman's: www.wegmans.com/eatWellLiveWell 3 RDs on staff

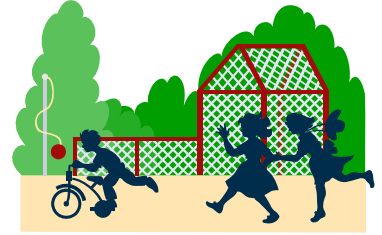
Ukrop's: www.ukrops.com/health/nut_counsel1.asp RDs on staff

Giant: www.giantfood.com/wellness/school_tours.htm

Kroger: Call 866-632-6900 to speak with a RD

Hospitals. Contact your local hospital, as most employ at least one RD who will direct your inquiry to a qualified professional.

PHYSICAL ACTIVITY RESOURCES



Several of the resources listed in the Nutrition Resources section also address physical activity. Following are some of the organizations and websites that cover both areas; you can find further information about these resources in the nutrition section. You may also want to check other resources listed in the Nutrition Resources section to see if there is a physical activity component.

American Heart Association (AHA).

<http://www.americanheart.org/presenter.jhtml?identifier=1200000>

The Body Positive: <http://www.thebodypositive.org/>

Bright Futures: <http://www.brightfutures.org/>

This national health promotion initiative is dedicated to the principle that every child deserves to be healthy and that optimal health involves a trusting relationship between the health professional, the child, the family, and the community as partners in health practice. This initiative is considered to be the standard for health care for children 0-21 in Virginia: <http://www.vahealth.org/brightfutures/index.asp>

Bright Futures in Practice: Nutrition is available in pdf format:

<http://www.brightfutures.org/nutrition/pdf/index.html>

Bright Futures in Practice: Physical Activity can be purchased or viewed as a pdf file:

<http://www.brightfutures.org/physicalactivity/about.htm>

Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov/nccdphp/dnpa/obesity/>

My Pyramid for Kids: <http://www.mypyramid.gov/kids/index.html>

Virginia Action for Healthy Kids Resource Guide for Teachers:

<http://www.ext.vt.edu/actionforhealthykids/resourceguide/resourceguide.html>

Activities for Before and After School

The following resources are types of physical activity that students can participate in before or after school; many can be incorporated into classroom activities and/or physical education class. Some of these incorporate a nutrition component as well.

Bike Smart Virginia! promotes bike safety and cycling as a lifelong physical activity for Virginia students. *Bike Smart Basics* is a two-day, 12-hour, hands-on training focused on teaching bicycle safety and bicycle maintenance.

Contact:

Heather Funkhouser at 804-864-7738 or at heather.funkhouser@vdh.virginia.gov

Girls on the Run International: www.girlsontherun.org

This non-profit prevention program encourages preteen girls to develop self-respect and healthy lifestyles through running. GOTRI is the parent organization of more than 120 GOTR councils across the US and Canada, which in turn provides volunteers to serve as role models to girls through coaching a 12-week, 24-lesson curriculum. The curriculum is delivered through after-school programs and recreation centers.

Programs in Virginia:

Chalkley Elementary School - (Richmond)

Melanie Bean and Sara Metzler

804.512.5478

mkbean@vcu.edu

sara_metzler@ccpsnet.net

Clara Byrd Baker Elementary School - (Williamsburg)

Lesley Johnson Henderson and Mindy Thompson

757.220.5343

tarheelgrad99@yahoo.com

thompsonm@wjcc.k12.va.us

Hampton Roads

Susan Tweed and Jill Layne

757.455.7236

SATWEED@sentara.com

jillhlayne@cox.net

Holy Cross Regional Catholic School - (Lynchburg)

Mary Hansen

434.946.5164

mhansen@centralva.net

Northern Virginia

Jenn Brown

703.273.3153

jenn@girlsontherunofnova.org

Southwest Virginia

Rebecca Buchanan

276.944.4258

rbuchanan@ehc.edu

KidsWalk-to-School: <http://www.cdc.gov/nccdphp/dnpa/kidswalk/>

A community-based program that aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults. The program advocates for communities to build partnerships with the school, PTA, local police department, department of public works, civic associations, local politicians, and businesses to create an environment that is supportive of walking and bicycling to school safely.

Contact: Nutrition and Physical Activity Program, National Center for Chronic Disease Prevention and Health Promotion, Phone (770) 488-5820

Media-Smart Youth: Eat, Think, and Be Active! <http://www.nichd.nih.gov/msy/>

This interactive after-school education program for young people ages 11 to 13 is designed to help teach them about the complex media world around them, and how it can affect their health--especially in the areas of nutrition and physical activity.

MyPyramid Blast Off Game: <http://www.mypyramid.gov/kids/index.html>

An interactive computer game where kids can reach Planet Power by fueling their rocket with food and physical activity. "Fuel" tanks for each food group help students keep track of how their choices fit into MyPyramid.

The Power of Choice: Helping Youth Make Healthy Eating and

Fitness Decisions: http://www.fns.usda.gov/tn/Resources/power_of_choice.html

This program is intended for after-school program leaders working with young adolescents. The Leaders' Guide is full of quick, simple things to do with kids; many activities take little or no pre-planning. A CD containing 10 interactive sessions based on four posters. Included in the Leader's Guide are a recipe booklet, parent letter, and Nutrition Facts cards. The CD also contains additional activities, tips for improved communication with adolescents, a training video for the adult leaders, and a song for pre-teens.

Safe Routes to Schools: <http://www.saferoutesinfo.org/>

Community leaders, parents and students across the U.S. are using Safe Routes to School programs to encourage and enable more children to safely walk and balk to school. The National Center for Safe Routes to Schools helps communities develop successful Safe Routes programs and strategies, offers resources and case studies of successful programs.

Virginia's Safe Routes to School Program:

www.bikewalkvirginia.org/programs/saferoutes.htm

Sports 4 Kids: <http://www.sports4kids.org/whoweare.html>

Sports4Kids supports and creates youth sports and recreational opportunities to enhance the health and well-being of youth and communities, and works with local elementary schools to provide sports programming both during school and after school. Programs emphasize skill-based (as opposed to competitive) sports activities to help kids of all ages and abilities learn basic athletic skills, gain body awareness, build self-esteem and confidence, develop social skills and make friends.

Sports, Play, and Active Recreation for Kids (SPARK)

<http://www.sparkpe.org>

SPARK is an effective health-related physical education program for elementary school children. The program is inclusive, noncompetitive, and non-gender-specific, with instructional units designed to be implemented by education specialists and classroom teachers. The programs promote physical activity during the school day and teach children how to be active outside of school.

VERB™ *It's what you do.* <http://www.cdc.gov/youthcampaign/>

Parents, partners, and professionals who serve tweens can take advantage of VERB's reach to tweens (before the teenage years) and the excitement the campaign is generating among this age group to get moving! This Web site includes resources and information to make regular physical activity "cool" for tweens and a fun thing to do. There are also VERB materials for organizations that do not directly provide programs to tweens but can promote the importance of regular physical activity for tweens, such as through communications, advocacy, policy change, and training of program providers.

Walking and Bicycling to School: Community Presentation

<http://www.cdc.gov/nccdphp/dnpa/kidswalk/resources.htm>

Information in this PowerPoint slide presentation (2.25 Mb) may be presented to a neighborhood, school, or community to increase knowledge and interest in participating in a Walk & Bicycle to School program.

The Walking School Bus: <http://www.walkingbus.org/index.html>

A walking school bus provides children with a safe and healthy mode of transportation to school. The designated adult supervisor "picks up" each student, house by house, on foot. Groups of students walk to school together along a set route, all the while enjoying fresh air, exercise and friendly conversation.

Active Learning Resources

Here are some ideas and resources to increase physical activity for students while in the classroom!

Action Based Learning: <http://www.actionbasedlearning.com>

This is an educational consulting firm led by [Jean Blaydes Madigan](#), an internationally known Neurokinesiologist. Jean's dynamic presentations cite brain research findings that support and demonstrate the importance of movement in the learning process by teaching academics kinesthetically. The website has numerous resources, including information on an Action Based Learning Lab.

Dance Dance Revolution Games:

<http://www.ddrgame.com>

This website offers numerous resources to make exercise fun for young people. There are a variety of dance, dance revolution pads and other games; some plug directly into the television. Awesome Ping Pong, an interactive revolution game that requires no Play Station 2 or console, can be a great adaptive activity for children in a wheelchair.



Energizers:

<http://www.ncpe4me.com/energizers.html>

These classroom based physical activities, developed by the North Carolina Department of Education, integrate physical activity with academic concepts. Free download and laminated versions are available from the site. Classroom teachers in grades K-5 can incorporate teaching academic content into 10 minute fun physical activities in the room!

Learning in Motion <http://www.longwood.edu/staff/colvinay/>

These resources are for classroom teachers to use during his/her classroom time. Materials developed to incorporate movement into the Virginia Math, English, and Science Standards of Learning in grades K-5. Contact: Vonnie Colvin, Ed. D., Department of Health, Recreation, and Kinesiology, Longwood University, 434-395-2452

Lewis and Clark Fitness Challenge Tool Kit

<http://www.opi.state.mt.us/schoolfood/L&CFitness.html>

This resource motivates children, teachers and families to eat well and be more active while learning about the Lewis and Clark Expedition through Montana. Geared toward 4th and 5th graders, the tool kit contains everything you need to conduct a Lewis and Clark Fitness Challenge, including lesson plans, nutrition and fitness information, handouts for school staff and parents, promotional materials, supporting resources.

Take 10! <http://www.take10.net/>

Take 10 is a program to promote regular physical activity among children in the classroom. The program helps teachers incorporate 10 minute breaks for moderate to vigorous physical activity into the school day. The lessons are designed to link key academic curriculum subjects with fun and educational physical activities.

Contact:

ILSI Center for Health Promotion
Physical Activity and Nutrition (PAN) Program
Phone: 770-934-1010
E-mail: TAKE10@ilsi.org - Web:

Walk Smart, Virginia! - <http://walksmartvirginia.com>

Students can track their progress online as they take a virtual walking tour of Virginia!

The technical assistance guide for teachers is available at
<http://www.pen.k12.va.us/VDOE/Instruction/PE/walksmart/index.html>.

Teachers register classes by going to the Web site, clicking on teacher registration in the lower left-hand corner of the page, use the generic 999 password, and enter their individual school and student information.

Students can then log on to the *Walk Smart, Virginia!* Web site, enter the number of steps they have walked, and view a map of Virginia with their position along a selected walking route. The Web site integrates aspects of history, geography, government, recreation and health education. The Web site also includes a steps-to-miles converter, a body-mass index calculator and links to other health and physical activity websites.

Virginia Department of Health's Walk Smart, Virginia! Toolkit:

<http://www.vahealth.org/civp/topics/pedestrian.asp>

The toolkit contains reproducible pedestrian safety information sheets, walkability checklist and poster in English and Spanish, including school bus safety.

Recess Resources

This section provides information about making the case for recess, provides activity ideas, and offers guidance for playground safety.

Making the Case for Recess: Position Paper

Recess And The Importance Of Play:

A Position Statement on Young Children and Recess; National Association of Early Childhood Specialists in State Departments of Education

<http://naecs.crc.uiuc.edu/position/recessplay.html>

naecs.crc.uiuc.edu/position/recessplay.pdf

This resource describes the rationale and numerous benefits of recess; a summary of the document follows.

Position

The National Association of Early Childhood Specialists in State Departments of Education takes the position that recess is an essential component of education and that preschool and elementary school children must have the opportunity to participate in regular periods of active, free play with peers.

Recess

The term recess refers to a break during the day set aside to allow children the time for active, free play. Schools vary in the number of recess periods given children each day, the length of the periods, and the environments available. Typically recess occurs outdoors and in a designated play area. During inclement weather, schools may have recess periods in a game room, gymnasium, or inside the classroom.

Rationale

An alarming trend toward the elimination of recess during the school day is affecting many school districts throughout the United States. This policy is being implemented with the advent of increased school accountability and student testing procedures, and the belief that time could be better spent on academics. This disturbing phenomenon has no serious research to back it up, and is actually counterproductive to increasing the academic achievements of students (Skrupskelis, 2000). Professional organizations, educators, administrators, teachers, and parents are becoming increasingly concerned with this present trend.

Benefits to children

During the period of time commonly referred to as recess, learning occurs in ways not possible inside the regular classroom. An increasing body of research continues to indicate the benefits of unstructured play and specifically outdoor play for young children.

The National Association for the Education of Young Children (NAEYC) describes unstructured physical play as a developmentally appropriate outlet for reducing stress in children. This period of time allows children the opportunity to make choices, plan, and expand their creativity.

In allowing a mental change and release of energy, recess may facilitate subsequent attention to more academic tasks and minimize disruptive behavior once students return to the classroom; recess, therefore, becomes an important element of classroom management and behavior guidance (Bogden & Vega-Matos, 2000).

Recess contributes significantly to the physical, social, emotional, and cognitive (intellectual) development of the young child (Clements, 2001).

Making the Case for Recess: Articles

Back to School -- Recess and P.E. Critical to Success

<http://www.terrawellington.com/Column2004/072904.htm>

This article supports the need for both recess and physical education in schools and lists these resources to help parents or other advocates:

Get Charged -- www.getcharged.com

Peaceful Playgrounds -- www.peacefulplaygrounds.com

PE2GO -- www.sparkpe.org or www.nikego.com

PE4Life -- www.pe4life.com

The Hidden Epidemic: Childhood Obesity Understanding It & Preventing It Through Physical Activity & Nutrition

http://www.apha.org/ppp/child_ob/teachers.htm

A listing of resources on best practices and related information for schools and teachers from the American Public Health Association; includes section on recess.

No Recess for Recess by Larry Silver, M.D.

http://www.additudemag.com/experts.asp?DEPT_NO=303&ARTICLE_NO=15&ARCV=1

Recess is even more important for students with AD/HD. For them, recess isn't an extra activity; it's an essential one. Physical activity is healthy and relaxing, and provides focus and clarity of mind.

Recess Backlash: Parents say it pays to play

By Kris Axtman | Staff writer of The Christian Science Monitor

<http://www.csmonitor.com/2004/1116/p03s01-ussc.html?s=hns>

Experts say recess helps children learn better - and teaches social lessons. Many schools have cut recess, but face pressure to restore it. This article gives an example of parents advocating for recess.

Recess In Elementary Schools

http://www.aahperd.org/naspe/pdf_files/pos_papers/current_res.pdf

This position paper from the National Association for Sport and Physical Education provides support for recess, while separate and distinct from physical education, as an essential component of the total educational experience for elementary aged children. It provides specific recommendations from the Council on Physical Education for Children.

Recess in Elementary School: What Does the Research Say? ERIC Digest.

by Jarrett, Olga S. <http://www.ericdigests.org/2003-2/recess.html>

The available research suggests that recess can play an important role in the learning, social development, and health of elementary school children. While there are arguments against recess, no research clearly supports not having recess. However, more research is needed to determine the current percentage of schools that have abolished recess and assess the effect of no- recess policies on student test scores, attitudes, and behaviors.

Recess Is 'In Recess' As Schools Cut Child's Play

<http://www.eagleforum.org/educate/2001/oct01/recess.shtml>

Rebecca Lamphere, a mother in Virginia Beach, Virginia, waged a two-year battle to reinstate recess at her daughter's elementary school. Lamphere's crusade received media attention and resulted in the Virginia Beach public schools mandating "daily, unstructured recess" in April 2000. When news of her victory spread, the state of Virginia followed suit four months later, mandating recess for all public elementary school students

Schools Taking Breaks from Recess

<http://cnnstudentnews.cnn.com/2001/fyi/teachers.ednews/05/15/recess.ap/>

This article from 2001 discusses parents' concerns about recessing being eliminated and stresses the benefits of recess. In Virginia, fears that tough new state standards were driving schools to cut recess prompted the state school board to write "a daily recess" into its accreditation standards.

Timing of Recess and Activity Ideas

Tips and Tools to Promote Physical Education and Physical Activity:

<http://www.tn.fcs.msue.msu.edu/physicalactivity.html#recess>

This resource was developed by Michigan Action for Healthy Kids to help schools implement the Quality Physical Education Policy passed by the Michigan State Board of Education. It includes links to up-to-date, research-based information on programs, resources, curricula and policies that support and promote physical education. There is a section addressing recess; an excerpt follows:

Recess Before Lunch

Scheduling recess before lunch makes sense! Allow students to play first, and then let them enjoy a nutritious lunch in a relaxed environment. Good nutrition goes hand in hand

with improved behavior and learning. Recess Before Lunch gives students the opportunity to excel in both.

Find everything you need to establish a recess before lunch program including how to implement, resources, supporting information, educational and marketing materials.

www.opi.state.mt.us/schoolfood/index.html

Indoor Recess

For indoor recess, use vacant classrooms, utility or all purpose rooms, cafeterias, gymnasiums or hallways. Promote as much physical activity as possible during indoor recess.

Activities include:

- Activities with balloons or foam balls
- Hall stations
- Hall walking
- Play music and make up dance moves

Outdoor Recess

Outdoor recess should occur in the safest environment possible. The National Program for Playground Safety (NPPS) has designated four elements for a safe play environment: 1) supervision, 2) age-appropriate design, 3) fall surfacing and 4) equipment maintenance.

When children are on the playground, there should be adequate adult active supervision.

"Active supervision" means being able to see all children at all times to observe their behavior patterns and intervene when unsafe play occurs.

Structured Recess

Adequate, active supervision is not always possible and a teacher or staff member may have to limit the space or activities of the children to create a manageable safe environment. Ideas for structured recess:

- Have assorted activities on the blacktop such as hop scotch, jump rope, and four square.
- Play a large group activity with everyone involved such as volleyball and kickball.
- Have several activities set up. Assign groups of students to each activity and let them rotate activities after a few minutes.
- Have one large individual event in a designated area such as class walks or runs.
- Feelin' Good Mileage Club: www.fitnessfinders.net
- PE Central Pedometer site: www.pecentral.org/pedometry/index.html
- 28 million footsteps across America Challenge:
www.creativewalking.com/school.html

Additional Resources for Recess Activities

Elementary Teacher's Handbook of Indoor and Outdoor Games, by Art Kamiya, 1985, West Nyack, NY: Parker Publishing Company.

Great Big Book of Children's Games by Debra Wise, 2003,. New York, NY: Grand Central Press.

Improving the Quality of Recess by Nevada Bromley

http://www.responsiveclassroom.org/newsletter/12_1NL_1.asp

This article includes an expert from a book on school reform, *Time to Teach, Time to Learn: Changing the Pace of School*, in which Chip Wood (co-founder of Northeast Foundation for Children) offers the following recommendations to administrators and teachers working to improve the quality of recess in their schools:

- Prior to the beginning of school, provide playground training for teachers, paraprofessionals, and others (including the school nurse) who will have important roles to play at and around recess. Then use the first two weeks of school recess to model, practice, and reinforce games, rules, and ways of playing together.
- Second, require that your physical education teachers teach playground games as their first academic unit at the beginning of the year. Give physical education teachers supervisory authority and hold them accountable as part of their teaching duties for the nature and quality of the playground/recess experience for children.
- Finally, if at all possible, restructure the middle of the day so that recess comes before, rather than after, lunch. It makes more sense that children would first work up an appetite through exercise and then come in to eat rather than the other way around.

Schools that have taken these recommendations to heart have seen many positive results, from fewer playground discipline referrals and reduced injury reports from the nurse's office to an increase in cooperative play and, ultimately, more time for academic learning.

The Picture Rulebook of Kid's Games by Roxanne Henderson, 1996, Chicago, IL: Contemporary Books.

The Ultimate Playground & Recess Game Book by Guy Bailey, 2001, Camas, WA: Educator's Press

Playground Safety

National Program for Playground Safety

www.playgroundsafety.org

NPPS is the leader in research, training and development of S.A.F.E. play areas and has developed a comprehensive clearinghouse of outdoor play areas and safety information and resources.

Playground safety is a complex issue. The National Action Plan is based on four goals that provide the foundation for playground safety. These goals are to:

1. **Supervision:** Provide proper supervision of children on playgrounds
2. **Age Appropriate Design:** Select age-appropriate equipment and play areas for different age groups.
3. **Fall Surfacing:** Provide proper surfacing under and around playgrounds, and
4. **Equipment Maintenance:** Inspect and properly maintain playgrounds.

Virginia Department of Health's Playground Safety Resources

www.vahealth.org/civp/topics/playground.asp

VDH's Division of Injury & Violence Prevention provides information on S.A.F.E. playgrounds and playground safety training.

RESOURCES FOR FAMILIES

Healthy Habits for Healthy Kids: A Nutrition and Activity Guide for Parents

http://www.wellpoint.com/healthy_parenting/index.html/

Healthy eating and physical activity don't become habits overnight. It takes time and effort to make them part of a daily routine. This guide tells you where to start and what you can do at home to help your child. It talks about the important role of family, realistic goals, nutrition and physical activity. The recommendations in this guide are targeted toward healthy weight for children ages 4-12.

***We Can!* (Ways to Enhance Children's Activity & Nutrition)**

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm>

This national program designed as a one-stop resource for parents and caregivers interested in practical tools to help children 8-13 years old stay at a healthy weight. Tips and fun activities focus on *three* critical behaviors: *improved* food choices, *increased* physical activity and *reduced* screen time.



Ideas for Fun Family Fitness

Build healthy habits and make exercise fun by doing it as a family. Below are some ideas for some family fun and fitness.



Explore your state and local parks:

- Venture beyond the playground and explore the bike and walking trails.
- When taking a nature hike, let children bring their own "adventure pack". Include things like a magnifying glass, flashlight, disposable camera, container for the treasures they find, a healthy snack, and plenty of water.

Try sports that you can do as a family.

- Try playing tennis, or golf. Many areas have a 9-hole golf course, which cater to children and families.
- Go to the local driving range or putt-putt golf course.
- Swimming is a great family exercise. While at the pool include games such as relay races, or use diving toys, which encourage increased activity.

Include children in your daily workout. Children who see their parents make exercise a priority, will also view it as a priority.

- Take short walks or jogs in the neighborhood together.
- Let children ride a bike or roller blade while you walk or jog.
- Take advantage of family aerobics type classes offered at many gyms.
- Go to the track at the local school. Children can walk or run every other lap, or play along the edge of the track and still be supervised.

Organize some backyard fun.

- Set up an obstacle course, which includes a variety of activities such as jumping rope, crawling, running, climbing, etc.
- Plan a family soccer, basketball, kickball, volleyball or softball game.
- Do relay races, and try to improve your team's time.

Make it a routine:

- Keep a log of your progress.
- Have children earn a sticker each day they exercise.
- Have a competition to see who gets the most stickers for the week or month.

Always check with your doctor before starting any exercise program.

COMMUNITY PARTNERSHIPS

The following list provides some suggestions of both specific programs and types of organizations that could assist with physical activity for students.

National/Regional Resources

Alliance for a Healthier Generation: www.HealthierGeneration.org

The American Heart Association and the William J. Clinton Foundation have joined together to form the Alliance for a Healthier Generation, to combat the spread of childhood obesity and the serious diseases associated with it such as heart disease and diabetes. The Alliance is taking a comprehensive approach to stop the increase in childhood obesity by 2010.

This project also includes a Healthy Schools Program; find information about this at:

<http://www.healthiergeneration.org/engine/renderpage.asp?pid=s011>

California Project LEAN: www.CaliforniaProjectLean.org

California Project LEAN (Leaders Encouraging Activity and Nutrition) (CPL) is a joint program of the California Department of Health Services and the Public Health Institute focusing on youth empowerment, policy and environmental change strategies, and community-based solutions. CPL's mission is to increase healthy eating and physical activity to reduce the prevalence of obesity and chronic diseases such as heart disease, cancer, stroke, osteoporosis, and diabetes.

Game On! The Ultimate Wellness Challenge

http://www.actionforhealthykids.org/special_GameOn.php

This is an all-inclusive, fun and FREE event for 5th-8th grade students, parents, teachers, administrators, and others to celebrate coming back-to-school with a fresh approach. The Game On! event integrates nutrition, physical activity and learning through a series of activity stations that will stimulate minds and bodies. Participation by adults and children is rewarded - not performance. Communities and schools across the nation can register to host their own local Game On! back-to-school event through the Action for Healthy Kids' website.

KaBOOM!: www.kaboom.org

A national nonprofit that develops partnerships with communities and businesses to design and build or restore safe community playgrounds. Since, 1995, KaBOOM! Has built 200 playgrounds in 31 states with the help of 50,000 local volunteers. A proven community-building model that saves money and engages communities in providing young children with health play opportunities.

North Carolina Health Schools: <http://www.nchealthyschools.org>

NC Healthy Schools focuses on improving the health of students and staff by providing coordination and resources in eight component areas of school health. With all of these components in place and working together, students will be healthier in school, in class, and ready to learn. In healthy schools, children are more alert, more focused on learning, and miss less school. They not only learn better, but also learn lifelong healthy behaviors to prevent the leading causes of death in North Carolina: heart disease, stroke, and cancer. Healthier schools lead to healthier students which lead to healthier communities.

North Carolina: Physical Education is . . . ACTIVE: <http://www.ncpe4me.com>

This web site keeps teacher, coaches, athletic trainers, parents and students informed about physical education, health education athletics and sports medicine in North Carolina and the nation.

Virginia Resources

Running Clubs

Fit for Life program sponsored by the Metropolitan Richmond Sports Backers:

http://sportsbackers.org/kids_challenge.htm : free, incentive-based, incremental mileage training programs aimed at elementary school-aged children in the metro Richmond area; both fall and spring

Hampton Blazers Track and Field Club;

<http://mysite.verizon.net/vzese9mi/blazerstrack/index.html>; practices five days a week; open to ages 5-18; \$60 registration fee

Henrico Pacers Track Club-- a non-profit track club in eastern Henrico County for boys and girls 7-16; member of AAU and USATF, \$40 registration fee, practice four evenings per week; 338-3032 for more information.

New Kent Kids in Motion: <http://www.newkentinmotion.com/newkentinmotion/>-- aimed at kids aged four through middle school and is sponsored by New Kent County Parks and Recreation. Meets twice a week. Registration fee.

Reston Runners Youth-in-Motion Program:

<http://www.restonrunners.org/programs/yim/YIMinfo.php>

Children meet one hour per week for planned activities. Ages range from 2-14. Registration fee.

Richmond Lightning Track Club: <http://www.richmondlightning.com/>

Club is a member to both USATF and AAU national organizations. Also recognized through Henrico County Parks and Recreation; ages 8-18. May - July. Practice three times per week. \$125 registration plus cost of uniform. Competition in three to four track meets, plus state, regional, and national qualifying meets.

Running Kids, www.runningkids.net; not a club, but puts on organized racing events for kids (biathlons, triathlon, and kids running races) in the Richmond metro area.

Team Flash, Williamsburg, VA;

<http://www.leaguelineup.com/welcome.asp?cmenuid=1&url=teamflash&sid=491324311>; for boys and girls ages 8-16; practices two evenings per week; partners with Williamsburg-James City County Recreation Department; \$50 registration plus cost of uniform.

West End Richmond Striders; for more information contact Jim Bracey, 266-8143

Other resources

Fitness centers can provide opportunities for increased physical activity. To access a list of fitness clubs in Virginia by city:

http://www.healthclubdirectory.com/health_clubs/State/United_States/VA/Virginia/

Little League Baseball, <http://www.littleleague.org/>. For a complete listing of all districts and leagues in Virginia, go to

<http://eteamz.active.com/llb/finder/index.cfm?region=3&district=all&state=46>.

Parks and Recreation Departments in many communities offer a variety of programs and services. To locate Local Parks and Recreation Departments that are Agency Members of Virginia Parks & Recreation Association:

http://www.vwc.edu/vrps/home/networks-links/agency_members_local_parks.htm

Special Olympics Virginia, www.specialolympicsva.org; provides year-round sports training and athletic competition in a variety of Olympic-type sports for all children and adults with intellectual disabilities; 1-800-932-GOLD.

USA Track and Field Virginia Association <http://virginia.usatf.org/YouthClubs.htm>

USA Football, www.usafootball.com; For a complete listing of all 65 youth football leagues in the state of Virginia, go to <http://www.usafootball.com/league-locator/league-locator-results.php>.

US Lacrosse, represented by regional chapters throughout the US; Virginia is part of the Middle Atlantic Region, with member chapters in Charlottesville (www.cville-lax.com), Hampton Roads (www.hrlax.com), and the Richmond region (www.uslaxrichmondva.org).

Virginia Amateur Athletic Union Boys and Girls Basketball,

<http://www.vaaaubb.net./nhp4.htm> ; for more information, contact Johnny Leach at 540-710-7007 or mail to Virginia AAU, PO Box 1700, Fredericksburg, VA 22408.

Virginia Swimming, www.virginiawimming.com; for a complete listing of all member clubs in the state, go to <http://www.virginiawimming.com/Clubs/Clubs%20Roster.htm>.

Virginia Youth Soccer Association, www.vysa.com, over 132,000 registered players from around the state; a non-profit corporation devoted to promoting youth soccer in the Commonwealth of VA, with over 80 member recreational clubs, and 15 member travel clubs. 703-494-0030.

YMCA's, which are located in many Virginia communities, offer a variety of fitness activities and youth sports.

<http://www.vaymca.org/linkspage.shtml>

ADDITIONAL WEBSITES OF INTEREST

- Action for Healthy Kids: This website has many useful resources and is currently promoting "Game On: The Ultimate Wellness Challenge." www.actionforhealthykids.org
- American Academy of Pediatrics: www.aap.org
- American Cancer Society: www.cancer.org
- American Diabetes Association: www.diabetes.org
- American Dietetic Association: www.eatright.org
- American Heart Association: www.americanheart.org
- American Red Cross: www.redcross.org
- Centers for Disease Control: www.cdc.gov
- Health Smart Virginia: <http://healthsmartva.pwnet.org/>
- Mothers Against Drunk Driving: www.madd.org
- National PTA: www.pta.org
- PE Central: www.pecentral.org : has helpful information for family fitness night
- PELinks4U: www.pelinks4u.org
- P.E.4 Life: www.pe4life.com
- Virginia Department of Education, Health Education, Physical Education and Driver Education: <http://www.pen.k12.va.us/VDOE/Instruction/PE>
- Virginia Department of Health: www.vdh.virginia.gov
- Virginia Department of Health, Division of Injury and Violence Prevention: <http://www.vahealth.org/civp>

List of Sample Handouts

MyPyramid for Kids Poster

- [PDF of Simplified side](#)
- [PDF of Advanced side](#)

A 2-sided poster of MyPyramid for Kids. One side of the poster, for younger children, highlights a simplified MyPyramid for Kids graphic. The other side, for advanced elementary students, features both the MyPyramid for Kids graphic and healthy eating and physical activity messages. [PDF]

[Tips for Families](#)

A 2-sided MyPyramid for Kids mini-poster with the MyPyramid for Kids graphic on one side and eating and physical activity tips on the other side. [PDF]

[A Close Look at MyPyramid for Kids](#)

A step-by-step explanation of the key concepts of the MyPyramid for Kids symbol. [PDF]

[MyPyramid for Kids Coloring Page](#)

Black and white line art of the MyPyramid for Kids symbol for kids to color. [PDF]

[MyPyramid for Kids Worksheet](#)

Worksheet to help kids track how their food choices match up to the recommendations of MyPyramid. Print out this helpful meal tracking worksheet and set a food and activity goal for tomorrow. [PDF]

[Classroom materials](#)

More MyPyramid for Kids materials for classroom use can be found on the Team Nutrition website. [Click here](#) to link to the Team Nutrition site

Physical Activity Pyramid for Kids:

<http://muextension.missouri.edu/explorepdf/hesguide/foodnut/n00386.pdf>

<http://pubs.cas.psu.edu/freepubs/pdfs/uk076.pdf>

Tips for Kids to Lower Your Risk for Type 2 Diabetes:

http://www.ndep.nih.gov/diabetes/pubs/YouthTips_LowerRisk_Eng.pdf

FAMILY FITNESS NIGHT

2006-2007



INFORMATION PACKET

Provided by the Virginia Healthy Pathways Schools Committee, with special thanks to Lynne Bennett, Instructional Specialist for Health and Physical Education in Chesterfield County



PLAN A PTA SPONSORED "FAMILY FITNESS NIGHT" AS A FUN-FILLED SPECIAL EVENT FOR YOUR SCHOOL'S STUDENTS, PARENTS AND STAFF.



Background

Chesterfield County schools have partnered with their PTAs to offer Family Fitness Nights for the past several years. The Virginia Healthy Pathways Schools Committee utilized their format and expanded it to serve as a statewide resource. This manual is intended to serve as a guide for other schools that would like to launch a fitness event or enhance a current program. There are additional examples located on the PE Central website: www.pecentral.org; search "family fitness nights."

Please feel free to contact Lynne Bennett, Instructional Specialist for Health and Physical Education in Chesterfield County at (804) 560-2757 or Lynne_Bennett@ccpsnet.net with questions.

Purpose of Event

The goal of promoting fitness night activities is to increase awareness of the importance of an active, healthy lifestyle for families through a fun-filled event. Families have the opportunity to participate in a variety of activities and obtain educational information. Ideally, this will give the family new ideas and motivate them to increase physical activity on an ongoing basis.

This event also provides a forum for community organizations to come together and combine resources to promote healthy lifestyles for families. Family Fitness Nights work best for elementary and middle schools. Involve school staff and encourage them to attend as they can be excellent role models for students.

Key Planning Steps

1. Start planning early - at least 6 months in advance of your event. Ideally, you can begin planning the summer before the school year.
2. Be sure to get the school principal's commitment.
3. The school's physical education teacher, nurse and PTA president or program chair are key players. Identify a chairperson to oversee the event planning.
4. Check to see if mini-grants are available from the Virginia PTA - <http://www.vapta.org/Health/minigrants.htm>. Applications are usually due early in the school year.
5. Identify all possible community partners and involve them in the planning process.
6. Recruit many PTA volunteers to work on the event.
7. Seek out donations and door prizes from local businesses.
8. Promote the event as a fun family activity (see flyer at end of packet).

Other tips for Success:

1. Decide on a goal or focus for your Family Fun Night.
2. Require that parents attend with children, not drop them off.
3. Find out if there are resources within the school population, such as parents who might be medical professionals, fitness instructors, etc.
4. Consider serving a healthy dinner for a small fee.
5. Sponsor a silent auction during the event; include children's art projects.
6. Take lots of photographs and use them to promote next year's event and/or send to newspapers for an article.
7. Try and get media coverage to publicize the event.
8. Have a wrap up meeting afterwards to evaluate the event and plan for next year.
9. High school students in the national honor society or other service clubs could help plan elementary and middle school events.
10. Include some type of evaluation component, such as number of attendees and a brief feedback form for participants to complete.

FAMILY FITNESS NIGHT" IDEAS

Theme	Examples of Activities
Dance/Rhythmic	Each fifth grade performed a dance (i.e. swing) on stage for parents. Afterwards, parents and students participated in a dance with a DJ playing music.
Fitness stations	<p>Group warm up followed by fitness stations:</p> <ul style="list-style-type: none"> • Muscular Strength (rope climbing, dynabands, pull up bars, arm ladders, peg boards) • Muscular Endurance (rope jumping) • Flexibility (stretching exercises, yoga, karate) • Cardiovascular Endurance (step aerobics, low impact aerobics, pacer activity, TaeBo) <p>Families rotated to six different stations every eight minutes. Group cool down and healthy refreshments. Awards or prizes can be given away at the conclusion. (Reddest Face Award)</p> <p>Student activity demonstrations, safety awareness activities or mini health fair can also be included with such topics as childhood asthma, diabetes, nutrition, bike/scooter safety, etc)</p>
Fitness/Core subject combination	<ul style="list-style-type: none"> • Recommended for upper elementary • Topics such as math concepts or social studies information are integrated with fitness activities. Students answer questions at activity stations. Students can brush up on SOL information and get fit at the same time!! • Drawings for prizes (For example, Social Studies: Williamsburg passes, Virginia maps)
Fun Run	Fun Run organized as a follow up to a family fitness night or as a stand alone event.
Fitness Breakfast	"Big Buddy Breakfast": Parents and students come to school for a morning fitness program and breakfast before the school day begins.
Open house	<ul style="list-style-type: none"> • Parents are invited to attend/ participate in student's PE class during a one-week open house. • Coordinate open house with National Physical Fitness and Sports Month (May) • Activity Pyramid challenge during May for students and parents. • Rewards given
Health Fair/Activity	<p>List of stations include:</p> <ul style="list-style-type: none"> • Health topics (Driver safety, blood pressure and cholesterol screening, fire and police safety, chiropractor, nutritionist, sports medicine, scoliosis screening, vision screenings, orthodontist, dentist, Community Services, American Heart Association information, Virginia Dept. of Health information, etc.)

	<ul style="list-style-type: none"> • Fitness/Sport activities (PE class demonstrations, step aerobics, aerobics, basketball, volleyball, Tai-Chi, kickboxing, karate, etc.) • Crowd pleasers (Climbing wall, sumo-wrestling suits, pedestal jousting, first down station, etc.) <p>Dinner or refreshments can be served during event. Door prizes given throughout the night. <i>*See sample flyer *</i></p>
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"FAMILY FITNESS NIGHT" RESOURCE CONTACTS

Organization	Resources
Parks and Recreation	Displays with parks and recreation materials and give a ways/ activity demonstrations/challenge course info/ nature center specialist
Community Services Board	Display with services and information from Community Services Board
Local health department	Displays on health-related topics, Abstinence Awareness Display, state funded health insurance, immunizations/ screenings for blood pressure, cholesterol, height and weight, vision, hearing, scoliosis
Virginia Department of Health	Display on safety information (bicycle, sports, home, fire, swimming, first aid, violence, etc. Raffle items (pedometers)
American Heart Association	Display on AHA materials (jump and hoops for heart, etc)
American Cancer Society	Display on cancer prevention, tobacco control and skin cancer protection
American Lung Association	Information on asthma and tobacco use prevention
Police Department	Display on a variety of safety topics and contact with child safety officer or resource officer
Challenge Discovery	Team building programs and onsite facilities
Peak Experiences	
Special event firms	Inflatable games (jousting, slides, etc) sumo wrestling suits, etc.

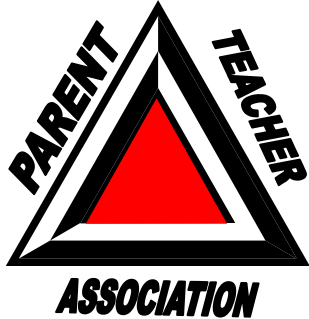
Schools Public Relations	Media promotion for fitness event
Local Golf Courses	Golf activities at schools and onsite facility
Hospitals	May be able to provide health screenings
Physicians, dentists or other healthcare professionals	Health information related to their specialties
Local fitness facilities	Fitness demonstrations
Local grocery stores	Nutrition information and food donations

Matoaca Middle School Health Fair

"It's A Family Affair"


FUN 'n' FITNESS


FUN 'n' FITNESS



Sponsored By
Matoaca Middle School PTA
Delta Sigma Theta Sorority, Inc.
Petersburg Alumnae Chapter



When: March 25, 2006

11:00 AM - 1:00 PM

Where: Matoaca Middle School East

6001 Hickory Road

Matoaca, Virginia

Gymnasium and Cafeteria

COME JOIN US FOR
***HEALTHY FOODS * GAMES * DOOR PRIZES**

JUST COME FOR THE HEALTH OF IT!

CONTACT

Mary Smith - (804) 123-4567